

TESTED RECIPES

SUNSHINE



BYERS  
FLOUR MILLS  
CAMROSE, ALTA.

—57—  
98 LBS.  
WHEN PACKED

SUNSHINE WHITE FLOUR  
SUNSHINE HEALTH FLOUR  
SUNNY BOY CEREAL

# Sunshine White Bread

2 tablespoons salt	1½ cakes Royal Yeast
1 cup mashed potatoes	1 tablespoon lard
2 qts. luke-warm water	½ cup sugar
1 quart milk	

## Method

Soak yeast in one cup luke-warm water for half hour. Stir in enough Sunshine Flour to make a thick batter. Let rise over night.

In the morning beat down and let rise again. Heat 1 quart milk to boiling point, let cool, then add lard, salt and sugar. Add this to batter, then enough Sunshine Flour to make a stiff dough. Let rise, knead down once then make a stiff dough. Let rise and bake for one hour. Brush over with butter when taken from oven. This makes about 8 loaves.

# Sunshine White Bread

One quart (or more) potato water into which half cup of sugar is added. When luke-warm add 1 cup starter (or two cakes yeast which have been soaked for half hour in one cup luke-warm water).

Let rise in a warm place over night. In the morning sift in amount of Sunshine Flour required, add half cup of lard or butter and 1 tablespoon salt. After warming flour and rubbing in the shortening, add potato water sponge and enough warm water to mix to a stiff dough. Let rise until double in size, knead down, let rise again. Then put in pans, let rise and bake.

# Sunny Boy Loaf

1 cup brown sugar	1 cup Sunshine White
1 tablespoon butter	Flour
1 egg; 1 cup raisins	1 cup Sunny Boy
1 cup sour milk	1 teaspoon soda

Method—Mix in order given. Dissolve soda in milk, stir, then add dry ingredients. Place in greased pan and cook in moderate oven for 35 minutes.

# Sunshine Health Bread

(Whole Wheat Bread)

5 cups Sunshine Health Flour	3 cups luke-warm water
2 cups Sunshine White Flour	1 cup brown sugar
	2 tbl'spoons melted lard
	2 teaspoons salt
Cake Fleischman's yeast	

## Method

Dissolve yeast, salt, sugar and lard in luke-warm liquid, then add Sunshine Health Flour and Sunshine White Flour; knead thoroughly and set in a bowl in a warm place for two hours to rise. When double in volume mould into loaves, place in greased pans to rise until light. Bake for one hour.

# Sunshine Health Shortbread

2 cups Sunshine Health Flour	1 cup powdered sugar
	1 pound butter

Method—Mix flour and sugar. Work in butter and knead together. Pat to desired thickness on flourless board. Cut in any shape desired on baking sheet and bake in slow oven (325 degrees) until a very light brown.

# Sunshine Health Loaf

1½ cups sweet milk	1 teaspoon soda
½ cup molasses	1 teaspoon salt
½ cup corn syrup	1 cup nuts (chopped)
4 cups Sunshine Health Flour	1 cup raisins
	1 teaspoon mixed spices

Method—Mix Sunshine Health Flour, soda, salt and spices in a bowl. Add nuts and raisins and mix. Make depression, add molasses and milk. Stir well and beat. Bake in greased loaf pan in moderate oven (375 degrees) for 45 minutes to 1 hour.

Whole Wheat Health Flour is better when freshly milled. Perhaps this is one reason why customers always come back for more Sunshine Health Flour. It is milled in limited quantities and often from the best quality clean wheat. "Nothing added, nothing removed." Many a delicious brown loaf has been baked from this well tried recipe.

# Sunshine Health Bread

- |                                    |  |
|------------------------------------|--|
| 1 pint milk, scalded<br>and cooled | 6 cups Sunshine Health<br>Flour                  |
| 2 teaspoons salt                   | 2 teaspoons sugar                                |
| 2 cups Sunshine White<br>Flour     | $\frac{1}{2}$ yeast cake or half<br>cup of yeast |

## Method

Mix as white bread. This flour makes a softer dough and does not require so much kneading. Bake about 15 minutes longer than white bread. If you find the dough too moist add a little more flour.

# Sunshine Brown Bread

(No Yeast)

- |   |  |
|---|--|
| 2 breakfast cups Sun-<br>shine Health Flour | 1 breakfast cup milk<br>(more if required) |
| 1 breakfast cup Sunny<br>Boy Cereal         | 1 teaspoon baking soda                     |
| 1 tbl'spoon shortening                      | 1 teaspoon cream of<br>tartar              |
| 1 tbl'sp'n golden syrup                     | 1 teaspoon salt                            |

## Method

Rub shortening into flour. Add all dry ingredients, then syrup, slightly warmed and mixed with the milk. Add more milk if required to make a real moist dough. Mix well and turn into a well greased loaf tin. Bake in moderate oven 40 minutes. (Sunny Boy Cereal may be previously soaked in the milk).

# Sunshine Health Biscuits

- |                                |                         |
|--------------------------------|-------------------------|
| 1 cup Sunshine White<br>Flour  | 4 teasp'ns bak. powder  |
|                                | 1 teaspoon salt         |
| 1 cup Sunshine Health<br>Flour | 3 tablesp'ns shortening |
|                                | $\frac{1}{2}$ cup milk  |

Sift white flour, baking powder and salt. Add Sunshine Health Flour and mix. Cut shortening into dry mixture until it is the consistency of coarse meal. Add milk and stir. Turn on floured board and knead slightly (17 strokes). Pat or roll one-half inch thick, cut in desired shape. Place on greased baking sheet touching each other. Bake in moderate oven (475 degrees) fifteen to twenty minutes. (One dozen biscuits).

# Sunny Boy Breakfast Cereal



A wholesome combination of Nature's pure grain foods, Wheat, Rye and Flax, containing pronounced laxative qualities as well as high food value. Regular use will relieve constipation.

For hot cereal breakfast for five persons—

Stir 1 cup Sunny Boy Cereal into 4 cups boiling water; add 1 teaspoon salt and cook for 20 minutes. Serve with cream and brown sugar.

## Sunny Boy Cookies

- |                         |                       |
|-------------------------|-----------------------|
| 1½ cups Sunny Boy       | 2 teas'ns baking soda |
| 1½ cups Sunshine Flour  | 1 teaspoon ginger     |
| 1½ cups white sugar     | 1 teaspoon nutmeg     |
| 1 cup shortening        | 1 teaspoon cinnamon   |
| ½ teaspoon salt (small) |                       |

### Method

Mix all dry ingredients well together, then add 1 cup Rogers Syrup (warm) and 1 well beaten egg. Form into balls, put in pan far apart, and bake in moderate oven. (Mrs. W. K. Nelson)

## Sunny Boy Digestive Biscuits

- |                                |                        |
|--------------------------------|------------------------|
| 1 Breakfast cup Sun-           | 2 tablespoons sugar    |
| shine White Flour              | 2 tablespoons Golden   |
| 1 cup Sunny Boy                | syrup                  |
| 2 tablespoons butter           | ½ teaspoon Baking Soda |
| Sweet milk to make stiff paste |                        |

### Method

Rub butter into flour, add all dry ingredients, add syrup (slightly heated) and mixed with enough milk to make a stiff paste. Roll out thin, cut into small rounds, prick with a knitting needle and place in a well greased pan and bake till pale brown in moderate oven.

# Sunshine Camp Cake

- |                         |                        |
|-------------------------|------------------------|
| 1 cup brown sugar       | 2 cups Sunshine Health |
| 1 egg                   | Flour                  |
| Butter, size of the egg | 1½ cups raisins and    |
| 1 cup sour milk or sour | currants mixed         |
| cream                   | Shake of nutmeg        |
| 1 teaspoon baking soda  |                        |

## Method

Cream butter; add sugar and cream until smooth. Add the beaten egg and the sour milk to which the soda has been added; mix nutmeg with flour and add gradually to mixture. Add lastly the cleaned fruit. Put into well greased cake pan and bake for one hour in moderate oven.

Sunshine Camp Cake can be cut fresh or left in tin for a few days to ripen; is also delightful iced with 1 part brown sugar, 1 part icing sugar and 1 part butter.

# Sunny Boy Muffins

- |                    |                      |
|--------------------|----------------------|
| 1 egg              | 1 teaspoon soda      |
| ½ cup sugar        | ½ teaspoon salt      |
| 2 tablespoons lard | 1 cup Sunny Boy      |
| 1 cup sour milk    | 1 cup Sunshine Flour |

## Method

Mix in order given. Dissolve soda in milk, stir, then add dry ingredients; turn into greased muffin pans and bake in hot oven for 25 minutes.

# Sunny Boy Pancakes

- |                         |                       |
|-------------------------|-----------------------|
| 1 cup Sunshine Flour    | 1 tablespoon butter   |
| 2 cups Sunny Boy cereal | 2 eggs; Pinch of salt |
| 2 tsp's bak. powder     | 1 cup sugar           |

## Method

Beat eggs, sugar and butter together; add flour and baking powder and enough milk to make a thick cream batter. Grease griddle and cook slowly.

**SYRUP**—One cup brown sugar, ½ cup white sugar, ½ cup corn syrup, ½ cup boiling water, little vanilla. Stir the ingredients together over the fire until the sugar is dissolved. Let boil up good, once all over, then set away to cool.

# Sunshine Dinner Rolls

3 cups scalded milk	3 tablespoons lard
$\frac{1}{2}$ cup sugar	1 cake Fleischman's Yeast
2 teaspoons salt	Sunshine Flour to knead

## Method

Dissolve salt, lard and sugar in scalded milk. When luke-warm add yeast which has been dissolved in  $\frac{1}{2}$  cup luke-warm water. Stir in Sunshine Flour until stiff enough to handle, and let rise for 2 hours. Roll flat with rolling pin, cut with biscuit cutter, butter, and fold. Let rise until double in size. Bake in hot oven 20 minutes.

# Sunny Boy Meat Loaf

1 $\frac{1}{2}$ lbs. grated beef	Dash of pepper
$\frac{1}{2}$ lb. grated pork	2 eggs
1 cup Sunny Boy	1 small onion (chopped
1 teaspoon salt (small)	fine)

## Method

Combine all the ingredients and mix well together. Bake in oven 1 hour. If desired a can of tomatoes (strained) can be poured over this after well browned.

# Sunny Boy Xmas Pudding

4 cups Sunny Boy Cereal	4 eggs
1 teaspoon Allspice	1 lb. brown sugar
1 teaspoon Cinnamon	$\frac{1}{2}$ lb. seeded raisins
$\frac{1}{2}$ teaspoon Nutmeg	$\frac{1}{2}$ lb. seedless raisins
$\frac{1}{2}$ teaspoon Mace	$\frac{1}{2}$ lb. dates
$\frac{1}{2}$ lb. chopped suet	$\frac{1}{2}$ lb. almonds
1 cup grated raw carrot	$\frac{1}{2}$ lb. mixed peel
1 cup grated raw potato	$\frac{1}{2}$ lb. cherries

Mix and steam 3 $\frac{1}{2}$  hours. (Mrs. C. H. Trupp)

# Byers Flour Mills

Camrose, - Alberta

